

## **50 THINGS YOU CAN DO TO HELP SOMEONE GET READY FOR INDEPENDENT LIVING**

1. Help them get an original copy of their birth certificate.
2. Help them get a social security card.
3. Help them get an e-mail address and show them how to use it.
4. Help them get a picture identification card.
5. Find out if they are eligible for a Medicaid card.
6. Help them get copies of their medical records.
7. Start a “life book” that will contain important papers, pictures, and memories.
8. Help them open up a bank account.
9. Teach them how to write and cash a check.
10. Line them up with a dentist that they can continue to use.
11. Line them up with a doctor that they can use when they are on their own.
12. Help them put together a family scrapbook.
13. Help them renew contact with family members.
14. Help them develop a healthy friendship.
15. Line them up with a good counselor.
16. Take them to a local recreation center.
17. Teach them some new ways to have fun.
18. Connect them with a church group.
19. Help them find a better paying job.
20. Make sure that they really understand birth control.
21. Show them the best place to shop for food, clothing, and furniture.
22. Help them learn how to look up resources in the phone book.
23. Help them work through an independent living skills workbook.
24. Teach them how to read a map.
25. Take them on a tour of the town.
26. Teach them how to use the bus system and how to read the bus schedules.
27. Buy an alarm clock and teach them how to use it.
28. Show them how to use the library and get a library card.
29. Help them get a driver’s license and shop for insurance.
30. Role play contacts with the police, bank tellers, doctors, and others.
31. Role play several different styles of job interviews.
32. Help them put together a resume and an application fact sheet.
33. Make a list of important phone numbers.
34. Teach them how to cook five good meals.
35. Teach them how to store food.
36. Teach them how to use coupons and comparison shop.
37. Teach them how to read a paycheck stub.
38. Teach them how to use an oven and microwave.
39. Teach them how to thoroughly clean a kitchen and bathroom.
40. Take them to a session of adult court, both traffic and criminal.
41. Tell them how to get a lawyer and when to get one.
42. Help them understand a lease or rental agreement.
43. Teach them how to do their taxes.
44. Teach them how to write a letter and mail it.
45. Help them develop good phone communication skills.
46. Go over tenant and landlord rights.
47. Help them find a safe, inexpensive place to live.
48. Teach them how to budget their money.
49. Help them find and get along with a roommate.
50. Talk to them about feelings about going out on their own.